



# Hampden Recreation Program Guide Winter II 2015



# Hampden

MAINE

*The Community of Choice in Central Maine*

[www.hampdenmaine.gov](http://www.hampdenmaine.gov)





## Contact Information

Town of Hampden

Department of Recreation

106 Western Avenue (mailing)

Hampden, ME 04444

Skehan Recreation Center

1 Main Road North (physical)

Phone: 207-862-6451

Fax: 207-862-5067

Email: [recreation@hampdenmaine.gov](mailto:recreation@hampdenmaine.gov)

Website: [www.hampdenmaine.gov](http://www.hampdenmaine.gov)

## Staff

**Shelley Abbott:** Recreation Director

**Jill McLaughlin:** Assistant Director

## Keep In Touch With Us...



# Department Policies and Miscellaneous Program Information

## Where Do I Find Out About Programs?

Program Guides are available online at [www.hampdenmaine.gov](http://www.hampdenmaine.gov), for print at home. Links are also available on Facebook. Program guides will no longer be mailed to all residents in the 04444 zip code. Program guides are available for pick up at the Skehan Recreation Center.

## How Do I Register?

Complete the included program registration form, include any program fees, and either mail in or drop off at the Skehan Recreation Center.

Hampden Recreation Department 106 Western Avenue, Hampden, ME 04444 (mail)

Skehan Recreation Center, 1 Main Road North, Hampden, ME 04444 (drop off)

## After You Have Registered

Consider yourself and/or your children enrolled in the program of your choice when you send in the completed registration form and payment. Some programs may have limited enrollment and may fill. In such cases, the office will notify you and ask if you want to be put on a waiting list. Individuals we are unable to accommodate will receive a refund in full.

## Payment Policy

Payment is expected in full at the time of registration. Payments are accepted in cash and check only. Please make checks payable to the *Town of Hampden*.

Participants who have an outstanding balance will not be allowed to participate in the current session or future sessions until the balance is paid in full.

## Late Registration Policy

Late Registrations will only be accepted on a space available basis. Registrations received after the program deadline will be charged an additional \$10.00 per program participant. Please enclose the late fee with your registration payment. Participants will not be registered until this fee has been paid.

Registrations received after published program deadlines will not be guaranteed a tee-shirt (where applicable).

## Returned Check Fee

The Town of Hampden has a returned check fee of \$20.00. This fee must be paid in cash. All future registration fees for programs must be paid in cash.



## Department Policies and Miscellaneous Program Information

### Late Pick Up Policy and Charges

Program participants should be picked up promptly at the scheduled ending time for the program in which they are enrolled. Please be conscious of this and respect the private time of our staff, most of whom have other jobs to get to, or personal matters to take care of. Each participant picked up late will be charged \$10.00 per fifteen minutes or fraction thereof.

### Refund Policy

Refunds will be paid in full if a request is made one week prior to the first day of the program. For requests received less than one week prior to the first week of programming, refunds will be issued for the program cost minus a \$5.00 administrative fee, unless otherwise noted. No refunds will be issued after the first week of programming. Any individual dismissed from a program is not entitled to any refunds. Refunds are not issued due to participants not knowing the start date of the program.

### Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations, and fees are subject to change.



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### *Commitment and Vision*

*We are dedicated to serving  
our participants...*

*We strive for excellence.*

*We work with integrity.*

*As An Essential Service,  
We Make Hampden Happier!*



## Adult Programs

### Line Dancing with Chris

**Ongoing**

**Tuesday | 9-11 A | Intermediate Class**

>Skehan Recreation Center

**Resident \$6 | Non-Resident \$6**

Drop In program. This is a coed class. Fee is per person, per day. Participants are asked to wear dance shoes, sneakers, or bowling shoes. Please complete a registration form to be filed for emergency purposes.

> No class 2/10 or 2/17

### Winter Walking

**January 5-April 17**

**Mon., Wed., Fri. | 7-8 A**

**Tues. & Thurs. | 7-9 A**

>Skehan Recreation Center

**Adults \$2.00/ Seniors \$1.00**

Drop in program. Please complete a registration form to be filed for emergency purposes. Families welcome with adult supervision.

### Reshaping Retirement

**Ongoing**

**Mon., Wed., Friday | 8-9 A**

>Skehan Recreation Center

**Resident \$1 | Non-Resident \$1**

Drop in program. Coed senior fitness class instructed by Physical Therapist, Dana Tardif, with focus on strength and balance at your own pace. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

### Morning Yoga

**Ongoing**

**Friday | 9:15-10:30 A**

>Skehan Recreation Center

**Resident \$2 | Non-Resident \$2**

Drop in program. Yoga class instructed by Julie Morse. Participants should bring their own mat, small pillow, and blanket. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes. This program follows the school calendar, and does not occur when school is not in session.

### Coed Adult Volleyball

### Coed Adult Basketball

**January 4-February 8**

**Sunday | 6:30-8:30 P**

>Skehan Recreation Center

**Resident \$2 | Non-Resident \$2**

Drop in program. This is a coed pick up play. Fee is per person, per night. Half the gym will be for volleyball play, half the gym will be for basketball play. Please complete a registration form to be filed for emergency purposes.

### Pickle Ball

**Ongoing**

**Monday | 12:30-2:15 P**

**Wednesday | 9:15-10:45 A**

>Skehan Recreation Center

**Resident \$2 | Non-Resident \$2**

**Drop in Program**

Pickle ball is a paddle sport which combines elements of badminton, tennis, and table tennis. Come in and learn how to play this fun new sport.



## Adult Programs

### Parent and Me Yoga

**Ongoing**

**Monday | 9:30-10:30 A**

>Skehan Recreation Center

**Resident \$2 | Non-Resident \$2**

**Family \$5**

Drop in program. Yoga class instructed by Julie Morse. Participants should bring their own mat, small pillow, and blanket. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes. This program follows the school calendar, and does not occur when school is not in session.

### Tabata

**January 26– March 23\***

**Monday | 11:30 A– 12:15 P**

>Skehan Recreation Center

**Resident \$60 | Non-Resident \$65**

**Drop in fee \$10**

> **No class on Monday, February 16**

A 45 minute interval training strength & cardio class that includes bouts of 20 seconds of work and 10 seconds of rest for 8 cycles= 4 minutes. It's a great fat burning class and will be FULL of sweat & fun! Taught by Amy Badger

from Bodies by Badger. Minimum enrollment to run 7/maximum 25. Drop ins at \$10, if program meets minimum.

>**Deadline to Register 1/20**

### Adult Dodgeball League

**March 1-29**

**Sunday | 5:30-8:30 P**

>Skehan Recreation Center

**Individual Resident \$30 | Individual Non-Resident \$35**

**Team Fee \$150.00 per team**

Teams consist of 6-10 players with at least 3 of them female. There will be 2 teams designated as Rec. teams for individual registrants. Matches will consist of five 4 minute games. A schedule of games will be emailed to each team by 2/25. Minimum of 3 teams/ maximum 12 for program to run. Rules will be available upon registration.

>**Deadline to Register 2/20**

### HIIT Class

**March 6– April 24**

**Friday | 11:30 A– 12 P**

>Skehan Recreation Center

**Resident \$60 | Non-Resident \$65**

HIIT is a quick high intensity interval training workout resulting in maximum caloric expenditure and increased fitness, using body weight exercises and minimal equipment. All Participants work to their own intensity level and exercises are modified to individual ability. Taught by Candice Kiefer. Minimum enrollment to run 7/maximum 15. Drop ins at \$10 if program meets minimum.

>**Deadline to Register 2/27**

### Jazzy Pop

**February 9– May 11\***

**Monday | 6:15– 7:15 P**

> **No class on 2/16 or 4/20**

>Skehan Recreation Center

**Resident \$50 | Non-Resident \$55**

Come get a taste of two styles of dance, Jazz and Hip-Hop. The course will start with basic dance steps that will progress into a routine. Class is taught by Nicole Chamberland. Minimum enrollment 8/maximum 15.

>**Deadline to Register 2/2**



## Youth Programs

### Ski and Snowboard Lessons-Down Hill Grades K-12

**Session II: February 3-March 12\***  
(Thursday session will begin on February 12 and end on March 12)

(Tentative-depends on end of Session I)

*\*Lessons will not meet 2/17, 2/19*

**Tuesday Ski or Board | 4:30-6:30 P**

**Thursday Ski Only | 4:30-6:30 P**

>Hermon Mountain

**Ski Resident \$80|Non-Resident \$85**

**Board Resident \$100|NR \$105**

Four week instructional program. One hour lesson, one hour free ski per week. Rentals included if needed.

Start time for session II may vary depending on completion of session I.

Hermon Mountain ski form is also required to be completed at time of registration.

**>Deadline to Register Session II: 1/27**

**No Late Registrations or Refunds For This Program.**

### Open Gym– Free Choice Homeschool Open Gym Grades 3-up

**March 4-April 15**

**Wednesday| 2:30-6 P**

>Skehan Recreation Center

**Resident \$2|Non-Resident \$2**

Drop in program. COED. Shoot around or bring some friends for a game. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

### Winter Open Gym For Special Ed Students

**January 11-March 29\***

*\*VK Break 2/15, 2/22*

**Sunday | 4-5 P**

>Skehan Recreation Center

**No Fee**

Opportunity for indoor winter exercise for participants with physical, mental, and cognitive disabilities that prevent participation in more traditional organized programming. An adult must remain onsite during this program.

**January 22-April 30**

**Thursday| 9 A-11 A**

>Skehan Recreation Center

**\$2 Drop in Fee|\$5 Family**

Parents must stay with their children throughout open gym time. Equipment will be available for free play. Fee is per day.

### Diamond Drills-Age 9-15

**March 8, 15, 22– Pitching/Throwing**

**Sunday| 11:30 A-1P**

**April 19, 26, May 3– Hitting on Turf Field**

**Sunday|10-11:30 A**

>Skehan Recreation Center

**Resident \$15 Per Session, \$80 all 6  
NR \$20 Per Session, \$90 all 6**

Clinics will include fundamentals and skills for throwing and pitching. Offered by local coach and clinician, Jon Perry. Individual workouts are available with Coach Perry by calling 356-3838.

**>Deadline to Register for Pitching/Throwing 3/2**

**>Deadline to Register for Hitting 4/10**



## outh Programs

### Kickball League– Grades K-2

**March 3– April 7**

**Tuesday | 3:15-4:30 P**

>Skehan Recreation Center

**Resident \$35 | Non-Resident \$40**

This is a COED program. Come enjoy an afterschool game of kickball with your friends. Participants will be placed on teams and will play two 30 minute games with a small break in between. An adult will pitch and call the games. Minimum enrollment 16/maximum 36. Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent.

**>Deadline to Register 2/24**

### Dodgeball League-Grades 3-5

**March 5-April 9**

**Thursday | 3:15-5:15 P**

>Skehan Recreation Center

**Resident \$35 | Non-Resident \$40**

This is a COED program. Children will be placed on teams and play four minute matches against other teams. Rec. staff will be on hand to go over rules and officiate the games. Minimum enrollment 16/maximum 40. Students will be walked to the Skehan Recreation Center by Rec. Staff with written permission from parent.

**>Deadline to Register 2/24**

### Dodgeball League-Grades 6-8

**March 5-April 9**

**Thursday | 2:30-4:30 P**

>Skehan Recreation Center

**Resident \$35 | Non-Resident \$40**

This is a COED program. Students will be placed on teams and play four minute matches against other teams. Rec. staff will be on hand to go over rules and officiate the games. Minimum enrollment 16/maximum 40.

**>Deadline to Register 2/24**

### Dodgeball League– Grades 9-12

**March 2-30**

**Mondays | 2:30-4:30 P**

>Skehan Recreation Center

**Team fee \$100.00**

This is a COED program. Must sign up as teams of 6-10 players with at least 3 girls on the roster. Teams will play five 4 minute games. Rec. staff will be on hand to go over rules and officiate the games. Minimum enrollment 3 teams/maximum 10 teams.

**>Deadline to Register 2/24**





## outh Programs

### After-School Art Club- Grades K-2

**Grade K-2 | Wednesday | 3:15-5 P**

**Session I: March 4– April 15**

>Skehan Recreation Center

**Resident \$85 | Non-Resident \$90**

Offered by Windover Art Center staff, this seven week session will include the exploration of pottery, drawing, painting, fabric arts and paper crafts. Minimum enrollment 6/maximum enrollment 16, so sign up soon!

Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent.

>Deadline to Register 2/25

**No Refunds For This Program.**



### Indoor Field Hockey- Grades 3-5

**March 6-April 3**

**Friday | 3:15-4:30 P**

>Skehan Recreation Center

**Resident \$35 | Non-Resident \$40**

Program will include rules of the game, fundamentals, stick work, and defensive strategies. Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent. Minimum enrollment 10/maximum enrollment is 24. Indoor equipment provided.

>Deadline to Register 2/27

### Afterschool Robotics Program– Grades 3-8

**Grades 3-5 | March 2-30**

**Monday | 3:15-5:15 P**

**Grades 6-8 | March 3-31**

**Tuesday | 2:30-5:00 P**

>Skehan Recreation Center

**Resident \$125 | Non-Resident \$130**

Learn how to build and make robots using the Lego Mindstorms systems. Participants will work in small groups

to design and program robots to complete various fun challenges, while learning about engineering. Robot creation is done with the easy to use Lego building blocks while the software environment is 100% graphic, simple, and allows you to build a flow chart program that controls the robot. Come and see what you can build! Offered by Maine Robotics. Minimum of 10/ maximum of 16 to run this program.

**No Refunds for this Program.**

>Deadline to Register 2/23

### Kidz Pop Dance Class– Grades 3-5

**February 9- May 11**

>No class 2/16 or 4/20

**Monday | 5:30-6:15 P**

>Skehan Recreation Center

**Resident \$50 | Non-Resident \$55**

Children will start the course with a warm up routine, learn basic dance steps, and put together a short routine. Each class will offer a variety of different dance steps that will keep your child moving the entire time! Class taught by Nicole Chamberland. Minimum enrollment 8/maximum enrollment 15.

>Deadline to Register 2/2





## Laser Tag Fundraiser for Skehan Center

Come join the Hampden Recreation Department as we have a fun-filled day of Laser Tag. This fundraiser will benefit the Skehan Recreation Center. This is a ticketed event.

When: Saturday, March 14, 2015

Where: Skehan Recreation Center



### Times & Prices:

10-11am: Grades 1-4: \$10.00 presale, \$15.00 day of (if any)

11am-12pm: Grades 5-8: \$10.00 presale, \$15.00 day of (if any)

12-1pm: Grades 9-Adult: \$10.00 presale, \$15.00 day of (if any)

1-2:30pm: Open Play: \$15.00 presale, \$20.00 day of (if any)

2:30-4pm: Open Play: \$15.00 presale, \$20.00 day of (if any)

There will only be 40 slots available for each time slot. Ticket availability will be on a first come, first serve basis.

Open play time slots are open to any age, and will include a mixed age range of players on the floor.

Presale tickets will go on sale Tuesday, February 17, 2015. Presale ends on Wednesday, March 11, 2015, or until tickets are sold out.

Laser Tag Provided by: G-Force Laser Tag, Corp.



## Sugarloaf Discount Tickets FEBRUARY 28, 2015 - MRPA DAY

Maine Recreation and Parks Association



**FEBRUARY 28, 2015** (2 day option available)

Here is your chance to purchase discounted lift tickets for Sugarloaf MRPA Day. Purchase your tickets online, meet at the main lodge in the King Pine Room on Feb. 28th between 8:30am and 10:00am to pick up tickets and there you go for a great day of skiing or snowboarding.

### Learn to Ski or Ride: (age 15+)

For those who can't stop or turn *the package includes a learning area lift ticket, special rental equipment fitted for beginners and a 2 hour lesson with our Perfect Turn Coach who specializes in making learning and turning a success and fun!* This program starts promptly at 10:00 am and must be reserved through me in advance.

Saturday, Feb. 28<sup>th</sup>

Type	Age	Cost
Adult Lift Ticket	19 – 64	\$46.00
- 2 day (Sat. & Sun)		\$92.00
Young Adult Lift Ticket	6 – 18	\$36.00
- 2 day (Sat. & Sun)		\$72.00
Senior Lift Ticket	65 – 99	\$36.00
- 2 day (Sat. & Sun)		\$72.00
Equipment Rental	All	\$25.00
- 2 day (Sat. & Sun)		\$50.00
Learn to Ski or Ride	15 – 99	\$62.00

To Register, Go to...

[www.bangorparksandrec.com](http://www.bangorparksandrec.com)

## Special Events

### Charlie and the Chocolate Factory Play (Portland)- Grades K-5

**February 17– February Vacation Week**

**Tuesday| Bus leaves at 8am, Return by 4pm**

>Skehan Recreation Center

**Resident \$45|Non-Resident \$50**

A fun-filled trip to see a performance of Charlie and the Chocolate Factory at the Children's Museum in Portland. Participants should bring their own bag lunch. We need a minimum of 8 participants to run/maximum 20.

**>Deadline to Register 2/10**

**No Late Registrations or Refunds.**

### Kids vs. Parents Day– Grades K-5

**March 7**

**Saturday| 9:30-11:30am**

>Skehan Recreation Center

**No Fee with pre-registration**

Kids take on your parents in a morning full of competitions and fun games. We need a minimum of 5 families/maximum 20 families to take part in this event to run.

**>Deadline to Register 2/27**

**No Late Registrations.**

### Feb. Vacation Open Gym – Grades 3+

**Feb. 17|Tuesday| 9-11am**

**Feb. 20|Friday| 9:15-10:45am**

>Skehan Recreation Center

**Resident \$2|Non-Resident \$2**

Drop in program. COED. Shoot around or bring some friends for a game. Some equipment will be available for use. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

**>Other times may be available; and will be posted the week prior.**

## KIDS KORNER REGISTRATION (Hampden Residents only) 2015-2016 SCHOOL YEAR

### MARK YOUR CALENDAR!

**When:** Sunday, June 7, 2015

**Where:** Skehan Recreation Center

**Time:** Registrations will begin being accepted at 9 AM

A \$25.00 deposit per child is required to sign up at registration. Deposit is non-refundable and will be applied to your first week's payment.

*Registration Forms for Fall 2015-2016 will be available at the Skehan Recreation Center and Online beginning June 1, 2015*

Registrations will be accepted on a first come basis. No preference will be given to past children involved. Registrations are for the 2015-2016 school year only. Registrations will be on a walk in basis only.

No phone or fax registration accepted.

Registration forms will continue to be accepted during normal office hours beginning Monday, June 8, 2015, for any remaining spots or waiting list spots.

### Enrollment Available for the 2015-2016

Morning Program; Weatherbee School, 7-8:45 AM, 25 Spots Available, Grades 3-5

Morning Program; McGraw School, 7-8:45 AM, 25 Spots Available, Grades K-2

Afternoon Program; McGraw School, 3-6 PM, 30 Spots Available, Grades K-2

Afternoon Program, Weatherbee School, 3-6 PM, 30 Spots Available, Grades 3-5



## Is The Weather Bad?

### Wondering If A Program Is Cancelled?

Skehan Center Building Closure: This facility will be closed when school is MSAD 22/RSU 22 is cancelled.

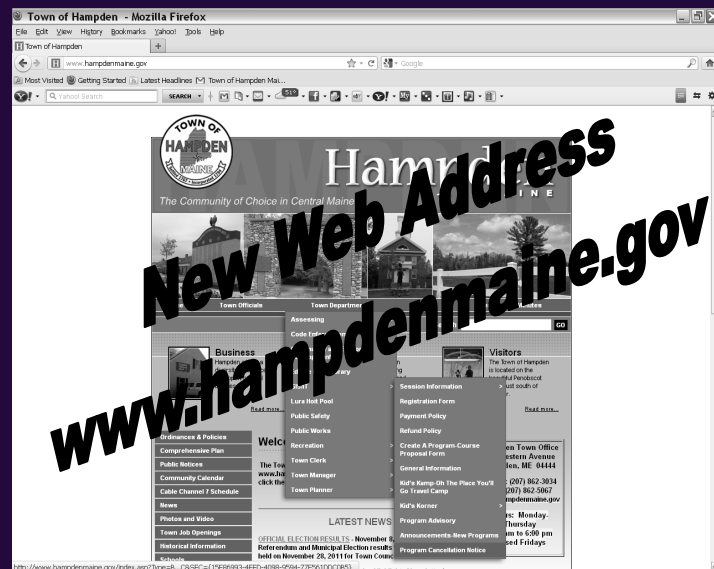
Other weather cancellations are made by 3 PM on the day of a scheduled weekday program, and by 8 AM for weekend programs.

Log on to the town website at [www.hampdenmaine.gov](http://www.hampdenmaine.gov)

Look under town departments, recreation, and program cancellation notice.

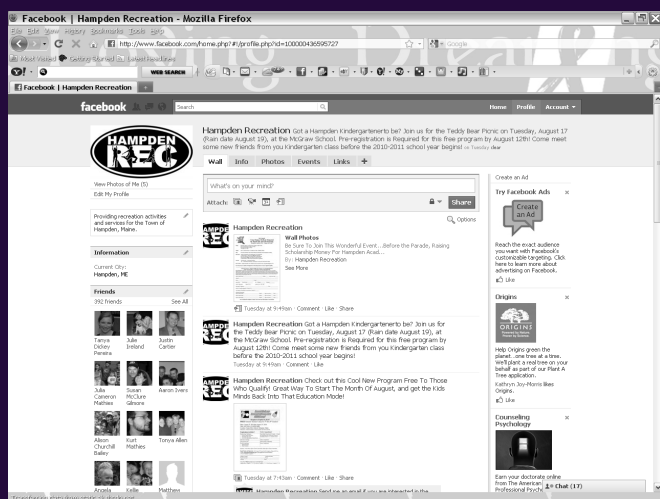
If you do not have internet access, call the Hampden Recreation Department at 862-6451. Cancellation announcements will also be left on the office answering machine.

Should the need arise to cancel due to a non-weather event or poor field conditions; we will contact team coaches who should contact their team.



## Find Us On Facebook!

### Search Hampden Recreation On Facebook



Weather Cancellations

Registration Deadline Reminders

New Program Information

Program Reminders

Program Guide Links



## Hampden Recreation Participant Registration Form

106 Western Avenue, Hampden, ME 04444 (Mailing) | 1 Main Road North (Physical) | 207-862-6451

Participants Name (First Name, Last Name)	Gender	Grade	D.O.B.	Age	Program Registering For	Program Fee

Session Registering For?    ☐ Fall                      ☐ Winter I                      ☐ Winter II                      ☐ Spring                      ☐ Summer

Volunteer Coach A Team?    ☐ Yes                      ☐ No                      Assist A Team?                      ☐ Yes                      ☐ No

Email Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Should we be unable to contact you in the event of an emergency, please list the name and contact number of another responsible adult we may contact.

Emergency Contact: \_\_\_\_\_ Emergency #: \_\_\_\_\_

Family Physician Name: \_\_\_\_\_ Physician #: \_\_\_\_\_

Any Allergies/Medical/Behavioral Challenges: \_\_\_\_\_

**Photography Permission**-Participants in Hampden Recreation programs may occasionally be photographed or videoed for future publicity. **Unrestricted usage:** I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by for a variety of purposes and that these images may be used without further notifying me. I do understand that the child's last name will not be used in conjunction with any video or digital images.

☐ No                      Parent Initials: \_\_\_\_\_

**Waiver For Participation**-Participation in this activity may involve risk of injury or death. As a parent, guardian, or participant I am aware of these hazards and my/(my child's) ability to participate. In registering for participation in the program(s) listed above, I hereby waive and release all rights and claims against the Town of Hampden, its officers, employees, agents, volunteers and supervisors from all losses, injury, damages, fees and other expenses arising out of, or in connection with participation in the above registered activity. In addition, I give my consent for the Hampden Recreation Department and staff to act in my place in all respects should the need arise during the course of this activity or related travel. This shall include but not be limited to obtaining medical care.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**For Office Use Only:** Amount Paid: \_\_\_\_\_ / Cash/Check #: \_\_\_\_\_ / Date: \_\_\_\_\_

## Announcements!

Skehan Recreation Center | 862-6451

Email-recreation@hampdenmaine.gov

Recreation Department Office Hours: Monday-Friday 7 AM-4 PM

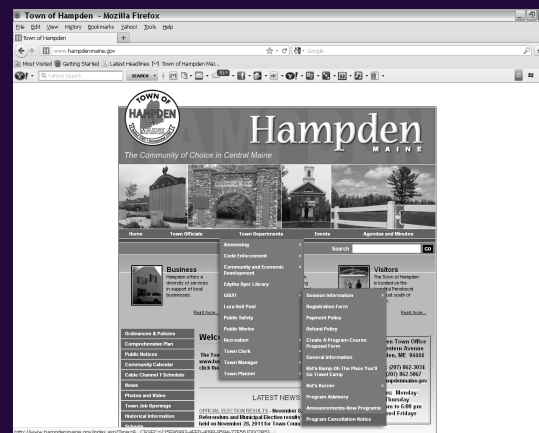
Our office is now located at the Skehan Recreation Center. You can find this building at 1 Main Road North in Hampden. Enter from the front of the building. This space was formally the “new gym” at the former Hampden Academy.

The Skehan Recreation Center hours will vary depending on the season and programming offered. This facility will be closed when SAD 22/RSU 22 school is cancelled for a snow day.

Our program guides are now exclusively online. We have begun using the Constant Contact program for email blasts regarding our services. If you would like to be added to our email list, just drop us an email and we will gladly add you! If you do not have internet access, copies of our program guide and various individual program flyers can be picked up at the Skehan Recreation Center.



Email us to add your name to our email list  
and start receiving email blasts via Constant  
Contact today!



[www.hampdenmaine.gov](http://www.hampdenmaine.gov)

# Town of Hampden

## Recreation Department

106 Western Avenue  
Hampden, ME 04444

